

ABSTRACT

Title: Influence of defined olfactory stimuli to selected physiological parameters

Objectives: Comparing the effect of inhibiting and stimulating scents on the chosen physiological parameters during a 20 minute long inhalation. The thesis is searching for the possible affections to cardiovascular system and to reactivity of the neuromuscular system of the aromatherapy.

Methods: 10 individuals participated on the trial, 5 females and 5 male. As the inhibiting scent we chose essential oil of *Lavandula angustifolia* and as the stimulating scent *Rosmarinus officinalis*. The observed physiological parameters was heart rate, blood pressure, present emotional state using the Visual Analogue Mood Scale by Stern, results of the Petries' test and standing on two scales test. The chosen application form of the essential oils was inhalation. The observed parameters were recorded before the application of scents, in the 10th and 20th minute of the application and 20 minutes after the end of application.

We used the method of comparison. With statistical analysis we compared the results of the mentioned tests and diagnostic methods before and after application each of the odors.

Results: We consider that *Lavandula angustifolia* and *Rosmarinus officinalis* have statistically significant effect to cardiovascular parameters of human's body. We could not find any statistically significant effect at Petries' test and standing on two scales test. The results of present emotional state using the Visual Analogue Mood Scale by Stern present individual character.

Keywords: *Rosmarinus officinalis*, *Lavandula angustifolia*, blood pressure, heart rate, Petries' test, standing on two scales test, Visual Analogue Mood Scale, Odourized Markers Test, physiotherapy